

BUSHCRAFT Tuesday 22nd Aug

Active Adventurers gathered in some woods near Tolpuddle in Dorset for a day of Bushcraft activity with Josh from Insight

As we had expressed interest in plants and animals as well as other aspects of bushcraft, Josh took us on a nature walk through the woods and wild grassland. Josh was inspirational, he was so knowledgeable. We learnt about animal habits and tracks, even identifying a badger's nose print, as well as plants for medicinal and culinary purposes. We tasted many leaves and watched as the earth ball fungus 'blushed' from dark brown to bright blue as it was cut in half.

Back at the forest 'camp' we learnt about firelighting - with Pam lighting the fungus starter with a magnifying glass, followed by Mike blowing the birds nest tinder into flames. Then Sian used the bundles of kindling to allow the fire to roar into flames and Sue added the larger sticks to sustain the fire whilst it boiled the water for our foraged tea.

All in all, a good day enjoyed by all.

